



# MASE Monthly Newsletter



Proud Recipients of Queen's Award for Voluntary Service

January 2021

- 2020: Life was set to pause and our lives began to change, it seemed in that moment things would never be the same.
- 2021: We only hope all the plans we have had to cancel and the dreams that we made, will return even bigger and better, it is just that they will be a little delayed.



We send all good wishes to you all for the year ahead. Please stay strong everyone. Let's pray the Vaccine will be our saviour and that 2021 will be a better year for us all. You have all done so well over the past few difficult months, we are proud of each and every one of you for the way you have coped in such trying times.

### Trustees New Year's Resolutions:

1. Aim to reopen our Groups again when the time is right and we are absolutely safe to do so.
2. Continue with the 'Meals on Wheels' for the foreseeable future.
3. Send out Monthly Newsletters to keep in touch with you all
4. Ensure we are at the end of a telephone, to listen, offer advice, or to simply just say 'how was your day'?

### Some Special Thank You's for 2020

Since March 2020 there has been a team of dedicated people working hard to ensure our Carers and their cared for were looked after as best we could. We need to highlight **Lisa our MASE Caterer**, who has for the last nine months produced/delivered fantastic meals for some of the MASE people. Words cannot express how much her loyalty, care and commitment has meant to so many people. She is a warm-hearted and generous lady who gives us her time each week and always with a smile. God Bless you Lisa you really are incredible.

Also to Trustee Dave Degg and Mike (from St Luke's Church in Cannock) who again have delivered meals each week since March. Both these gentlemen are always so happy and bring a smile to the people they deliver the meals to. Sincere thanks also go to out to them.

Finally, a thank you to each of the five MASE Trustees who have worked in many different ways ensuring they have done their very best for our MASE people during these difficult months.

### TO MAKE YOU SMILE



### THE DEADLINE FOR MAKING A CLAIM FOR A REFUND OF P.O.A REGISTRATION FEE

You can get part of your application fee back if you applied to register a power of attorney (POA) with the Office of the Public Guardian from **1 April 2013 to 31 March 2017**.

This applies to Lasting Powers of Attorney (LPA) and Enduring Powers of Attorney (EPA).

**You must claim your refund by 1 February 2021**

You can claim online or by calling the refunds helpline – see details below:

**Email:** [poarefunds@justice.gov.uk](mailto:poarefunds@justice.gov.uk) **Telephone:** 0300 456 0300

Monday, Tuesday, Thursday, Friday, 9:30am to 5pm

Wednesday, 10am to 5pm

You can still claim even if the donor (person who made the LPA or EPA) has died – call the refunds helpline 0300 456 0300.

Mrs Julie Perry FCILEx

**Director:** Jackson Perry Legal Services Ltd **Tele:** 01785 255010

**Email:** [julie.perry@jacksonperry.co.uk](mailto:julie.perry@jacksonperry.co.uk)



**TRUSTEES:** Daphne or Richard: ☎07939 505455 Mike Creek: ☎01785 663596 Dave Degg: ☎07974 983459 Dave Godden: ☎07968 848120

Alzheimer's Society Dementia Helpline 0300 222 1122 9am to 5pm Monday to Friday and Saturday and Sunday 10am - 4pm.

## Dealing with Coronavirus

Coronavirus has changed the way we are all living our lives. We know how difficult it can be when you are living with dementia or caring for someone during this time of uncertainty and social isolation - and please be assured The MASE is still here to help you if you are concerned, or worried. We are continuing to support all our families, with information and advice on staying active and connected through the next few difficult weeks.



Please Carers never think that you are alone. All Trustees are at the end of a telephone should you need to talk. Our numbers are listed overleaf.

### Dementia and Coronavirus

This is a difficult and uncertain time for people living with dementia and their families. Social connections and stimulation are so important in dementia care and living in lockdown, avoiding social situations, and wearing a mask can all be more problematic when dementia is involved.

However, we have put together some advice on how to cope when you are cooped up at home.

### At home with dementia

Keep to a routine as far as possible. Try to find diverting activities and stay entertained.

Please avoid too much rolling news if it is upsetting. Perhaps limit the amount of news you are seeing on the TV, radio or phone and tune in or look for Government updates at set times of the day.

Set up different areas in your home for different activities:

Watch favourite films in the living room. Do jigsaw puzzles or craft activities at the table. Build some 'time out' for you both into the day if this is possible in the space you are in. Go outside if you can. Walk around the garden, do a spot of gardening, or just sit out for some fresh air.

If you are close to open countryside, or in a quiet town or village, try to get outside for a short walk each day if you are well enough. Fresh air and green space is stimulating and will give you new things to talk about.

Ask friends to bring you puzzles, films, games that you think you would enjoy together or alone. Ask them to leave them outside the front door or in the porch if we go into a lockdown situation.

### Explaining the situation

Obviously what you say will depend on the person and how well they can process the information. Bear in mind that this is outside most people's experience so people will not have a rationale to fall back on.

You may need to explain the current situation to the person with dementia using simple and short sentences that you can repeat on a frequent basis, rather than trying to explain things in detail. And give lots of reassurance.

For example, you could say that there is a flu outbreak and people are being advised to stay at home. You could write this on a note on the front door where it will be seen before leaving the house. However if the person with dementia insists on leaving the house, assess the level of distress it would cause if you were to try to persuade them otherwise. If the person finds a mask distressing try making a small card, which says :

**'This person has Alzheimer's/Dementia, and is therefore exempt from wearing a face covering'.**

If putting up signs at home works for you, or the person you care for, reminders (including pictures reminders) to wash hands is a good idea in the bathroom or elsewhere in your home.

### Supporting from a distance & Helping someone living elsewhere

If you support or care for someone with dementia but do not live with them lockdown is particularly hard. You can still help by dropping off, or arranging, deliveries of groceries, games or films, personal notes, treats and items that you know will have meaning for the person or couple. Leave them outside or in the porch of course. It may not feel like much, but it will be appreciated and show that you are thinking of them. Phone often and rediscover the joy of letter-writing. It won't suit everyone - and of course it is best to use a platform people are already familiar with - but you may be able to set them up on Skype or use WhatsApp video or Facetime to check in every day. Calling at the same time each day gives reassurance and something to look forward to.

### Helping someone in full time care

If your relative is in full-time care the issues will be different. While you may not feel so responsible for day-to-day welfare and health, not being able to visit can be heart-breaking. Again, phone often and see if the staff can set up Skype or Facetime call so you can continue to connect. There is new guidance out on visiting care homes, so much will depend on what that document actually contains. Ask your Care Home for a copy of the new guidance/rules.

**If you have a computer please take a look at our website which covers all MASE activities: [www.themasegroup.com](http://www.themasegroup.com)**

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